13. Kristall-Marathon
Merkers / 17.02.2019

Detailed evaluation

Hardt, Frank

Club: TV Urbar
Number: 670

Course: 42.25 km
Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:51:11

Speed: 10.97 km/h
Running performance: 5:28 min/km

Rank in course/Total: 55 (of 193)
Rank in course/Men: 52 (of 161)
Best time in course: 2:49:28

Rank in category: 10(of 35)
Best time in the category: 3:16:40

Intermediate times

Control	Stage score							Total ranking						
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:49	4:51	6	1:05	43	3:59	3.25	15:49	4:51	6	1:05	43	3:59
Lap 2	3.25	16:19	5:01	7	1:43	47	3:52	6.50	32:08	4:56	7	2:39	44	7:51
Lap 3	3.25	16:33	5:05	7	1:49	52	4:02	9.75	48:41	4:59	7	4:28	46	11:53
Lap 4	3.25	16:59	5:13	9	2:12	57	4:14	13.00	1:05:40	5:03	7	6:40	46	16:07
Lap 5	3.25	17:09	5:16	10	2:29	62	4:15	16.25	1:22:49	5:05	7	9:09	49	20:22
Lap 6	3.25	17:10	5:16	9	2:37	56	17:09	19.50	1:39:59	5:07	7	11:46	51	26:22
Lap 7	3.25	17:21	5:20	9	2:54	52	4:00	22.75	1:57:20	5:09	7	14:40	51	29:26
Lap 8	3.25	18:03	5:33	10	3:37	57	18:02	26.00	2:15:23	5:12	8	18:17	51	47:28
Lap 9	3.25	19:04	5:51	14	4:08	72	5:45	29.25	2:34:27	5:16	9	22:25	53	51:29
Lap 10	3.25	19:03	5:51	13	3:43	57	5:36	32.50	2:53:30	5:20	9	26:08	53	54:39
Lap 11	3.25	18:33	5:42	8	2:50	41	5:25	35.75	3:12:03	5:22	9	28:51	51	56:27
Lap 12	3.25	19:20	5:56	11	3:57	56	6:07	39.00	3:31:23	5:25	10	31:49	51	58:31
Last lap Finish	3.25	19:48	6:05	15	4:37	75	6:43	42.25	3:51:11	5:28	10	34:31	52	1:01:43